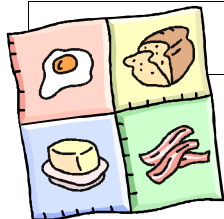


Healthy Bites



Information To Improve the Selection and Use Of Foods In Your Home



Dietary Guidelines for Americans

Volume XIV

The **Dietary Guidelines for Americans** (2005) gives science-based advice on food and physical activity choices for health.

Many Americans consume more calories than they need without meeting recommended nutritional needs. This means that most people need to choose meals and snacks that are higher in nutrients and lower in calories. There are important health benefits to making this change in diet: normal growth and development of children, better health for people of all ages and less risk for a number of chronic diseases that are major public health problems.

What is a "Healthy Diet"? The Dietary Guidelines describe a **healthy diet** as one that:

- Emphasizes fruits, vegetables, whole grains and fat-free or low-fat milk and milk products;
- Includes lean meats, poultry, fish, beans, eggs and nuts; and
- Is low in saturated fats, *trans* fats, cholesterol, salt (sodium) and added sugars.

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The recommendations in the 2005 Dietary Guidelines are keys to a healthy lifestyle, not a diet or a program. Here are some ideas for each food group:

- **Focus on fruits:** Eat 2 cups each day of fruit (fresh, canned, frozen or dried).
- **Vary your veggies:** Eat 5 servings each day. Include several colors (dark green, orange, red, yellows);
- **Check out calcium-rich foods:** Eat 3 cups of low fat or fat free milk or the equivalent amount of low fat yogurt and or low fat cheese every day.
- **Have whole grains:** Eat at least 3 ounces of whole grain cereals, breads, crackers, rice, or pasta every day. One ounce is about 1 slice of bread, 1 cup of cereal, or ½ cup of cooked rice or pasta.
- **Look to lean protein:** Choose lean meats and poultry. Include fish, beans (black, red and brown), peas, nuts, and seeds.

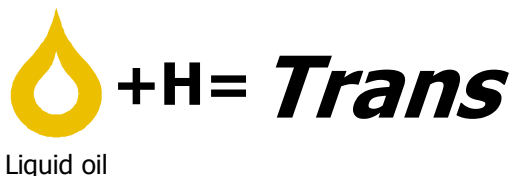
Source: USDA: Finding Your Way to a Healthier You.

WORD WISE

Trans fatty acids or trans fats

Trans fatty acids or trans fats are formed when manufacturers turn liquid oils into solid fats, like shortening. Manufacturers create trans fats in a process called hydrogenation. Hydrogenation is a process that turns vegetable oils into solid fats by adding hydrogen. Small amounts of trans fatty acids are found naturally in some foods, but most trans fatty acids come from hydrogenated foods. When the new nutrition labels go into effect January 1, 2006, it will be easier to recognize the kinds of fat.

Source: FDA



APPLE CRUNCH

Ingredients:

8 medium apples, peeled and sliced thin
1/3 cup flour
1 teaspoon cinnamon
1 cup rolled oat s
1/2 cup brown sugar, packed
1/4 cup margarine
Vegetable spray



Directions: Spray an 8" square baking dish with vegetable spray. Place the apple slices in a baking dish. In the mixing bowl combine flour, cinnamon, oats and sugar. Cut in the margarine using the pastry blender or knives. Sprinkle the flour/oat mixture over the apples. Press down lightly with fork. Bake at 350° F for 35-40 minutes.

Variations: Peach crisp- substitute 6 cups canned, drained peaches or fresh peaches for the apples. To increase the fiber content, wash but do not peel the apples.

Nutrition: Calories 216, Fat 7 grams

Source: MSU ERIB

Tips for Eating Healthy When Eating Out

- ☺ As a beverage choice, ask for water or order fat-free or low-fat milk, unsweetened tea or other drinks without added sugars.
- ☺ Ask for whole wheat bread for sandwiches.
- ☺ In a restaurant, start your meal with a salad packed with veggies to help control hunger and feel satisfied sooner.
- ☺ Ask for salad dressing to be served on the side. Then use only as much as you want.
- ☺ Choose main dishes that include vegetables, such as stir fries, kebobs or pasta with a tomato sauce.
- ☺ Order steamed, grilled or broiled dishes instead of those that are fried or sautéed.
- ☺ Choose a small or medium portion. This includes main dishes, side dishes and beverages.
- ☺ Order an item from the menu instead of heading for the all you can eat buffet.
- ☺ If main portions at a restaurant are larger than you want, try one of these strategies to keep from overeating:
 - Order an appetizer or side dish instead of an entrée.
 - Share a main dish with a friend.
 - If you can chill the extra food right away, take leftovers home in a doggy bag.
 - When your food is delivered, set aside or pack half of it to go immediately.
 - Resign from the clean your plate club when you've eaten enough, leave the rest.
- ☺ On long commutes or shopping trips, pack some fresh fruit, cut-up vegetables, low-fat string cheese sticks or a handful of unsalted nuts to help you avoid stopping for sweet or fatty snacks.



Source: Mypyramid.gov



Free Nutrition Classes : Qualifying clients can sign up for free nutrition education classes with the Expanded Food Nutrition Education Program (EFNEP) offered through MSUE in Macomb County. Clients have the option of attending night classes at the extension office or a MSUE Program Associate will visit you in the privacy of your home. For more information call 586-469-6432.

CHECK YOUR LABEL

The Nutrition Facts food label gives you information about which **nutrients** (say: nu-tree-ents) are in the food. Your body needs the right combination of nutrients, such as vitamins, to work properly and grow. The Nutrition Facts food label is printed on the outside of packaged food.

Most nutrients are measured in **grams**, also written as **g**. Some nutrients are measured in **milligrams**, or **mg**. These numbers are based on eating 2,000 calories in a day, the amount that many school-age kids eat. A calorie is a unit of energy—a way of counting how much energy you would get by eating a certain food.

Source: USDA

Nutrition Facts	
Serving Size 8 fl oz (237mL)	
Servings Per Container About 6	
Amount Per Serving	
Calories 45	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 750mg	31%
Total Carbohydrate 10g	3%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 1g	
Vitamin A 20% • Vitamin C 120%	
Calcium 2% • Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4

FOOD NUTRITION HOTLINE

MSU Extension provides a General Nutrition Hotline for county residents, (586) 469-5060.

Jane Smith staffs the Hotline, and is available M-W-F from 9 a.m. to 3 p.m. to answer general food/nutrition questions and provide information about food safety and food preservation, such as canning and freezing.

We also provide testing of pressure canning equipment to county residents. Residents will be required to leave the lid of the unit for testing and return in 2 days to pick up their equipment. No fee is charged for county residents.





What's the Big Sweat About Dehydration

When it's hot outside and you've been sweating, you get thirsty. Why? Thirst is a sign of **dehydration** (say: dee-hye-**dray**-shun). Dehydration means that your body needs water. A person gets water by drinking and eating. You lose water when you sweat, urinate, have diarrhea or throw up. You even lose a little water when you breathe.

Our bodies need water to work properly. Usually, you can make up for the water you lose - like when you come in from outside and have a long, cool drink of water. If you don't replace the water your body has lost, you might start feeling sick. And if you go too long without the water you need, you can become very ill and might need to go to the hospital.

Why am I dehydrated?

Many times kids get dehydrated when they are playing hard and having fun. Have you ever gotten really sweaty and red-faced when you've been playing? This often happens when it's hot outside, but it can happen indoors, too, like if you're practicing basketball in a gym.

Kids can also get dehydrated when they're sick. If you have a stomach virus (say: **vye**-rus), you might throw up or have diarrhea (say: dye-uh-**ree**-uh). On top of that, you probably don't feel very much like eating or drinking. A cold or flu can cause dehydration, too. That's why your mom or dad tells you to drink a lot of fluids when you're sick.

Signs of dehydration

In addition to being thirsty, here are some signs that a person might be dehydrated:

- Feeling lightheaded or dizzy
- Rapid heartbeat
- Dry lips and mouth



What to do...

If you're going to be going outside, it's a good idea to drink water before, during, and after you play, especially if it's hot. Dehydration can happen along with heat-related illnesses, such as heat exhaustion (say: ig-**zos**-chun) and heat stroke. In addition to drinking water, it's smart to dress in cool clothes and take breaks indoors or at least in the shade.

If you're sick, keep taking small sips of drinks and soups, even if you're not that thirsty or hungry. Eating an icepop is a great way to get fluids. *How is an icepop a liquid?* Well, it's basically frozen water and flavoring. The warmth in your mouth and stomach turn it from a solid to a liquid. Other foods, such as fruits and vegetables, contain water too.

Thirst-quenching tips

So do you have to drink eight glasses of water a day? No, but you do need to drink enough to satisfy your thirst and maybe a little extra if you're sick or if you're going to be exercising. The best drink is water, of course, but milk is another great drink for kids. Juice is OK, but choose it less often than water and milk. Sports drinks are fine once in a while, but water works just as well.

Limit soda and other sugary drinks, such as fruit punches, lemonades and iced teas. These drinks contain a lot of sugar that your body doesn't need. Some of them also contain caffeine, which is a diuretic (say: dye-yuh-**reh**-tik). This means that caffeinated drinks cause you to urinate more often than normal. In other words, they tell your body to get rid of fluids. And as you now know, that's the opposite of what you need to do if you're dehydrated!

Source: www.kidshealth.org/kid/stay_healthy/fit/

Check our Web site:

macombcountymi.gov/msuextension

- Calendar of upcoming programs
- Program descriptions
- Volunteer opportunities
- Past Healthy Bites issues



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Copy cats permitted!



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